

P R I M E

FINE CATERING

PREMIUM & EXOTIC MEATS PREPARED FOODS FRESH PASTAS

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General Meat Roasting Instructions

Whether it is a standing rib roast, filet mignon, leg of lamb or pork roast, these instructions serve as a general guideline for preparation.

1. Read and then reread these instructions.
2. Preheat oven to 450 degrees.
3. Choose a roasting pan that is large enough to hold the meat without overcrowding. Place a roasting rack or use a natural base of chopped vegetables such as onions, carrots and celery that will help flavor the meat.
4. Season all sides of the meat with salt and pepper. Don't be shy. The bigger the piece of meat, the more seasoning it will need. Meats **WITHOUT** a natural fat cover should be brushed with olive oil **BEFORE** seasoning.
5. Place meat in the 450 degree oven for approximately 15 minutes to sear the outside.
6. Reduce heat to 350 degrees and continue roasting until a thermometer inserted in the center of the roast registers the desired doneness, according to our temperature guide on next page.
7. Remove meat from oven and let rest, covered loosely with aluminum foil, anywhere from 25 minutes (average sized filet mignon) to 1 hour (full rib roast)
8. Slice and enjoy.

Good luck and have a great holiday,

Henry & Marc
Chefs/Owners
PRIME Fine Catering

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Meat Roasting Guide

| | RARE Very Red Cool Center | MEDIUM RARE Red Warm Center | MEDIUM Pink Warm Center | MEDIUM WELL Slightly Pink Hot Center | WELL DONE Brown Hot Center |
|----------------|---------------------------------|--------------------------------------|-------------------------------|---|-------------------------------------|
| Beef | 120 degrees | 130 degrees | 140 degrees | 150 degrees | 160 degrees |
| Lamb | 120 degrees | 130 degrees | 140 degrees | 150 degrees | 160 degrees |
| Pork | not advisable | not advisable | 140 degrees | 145 degrees | 150 degrees |
| Chicken/Turkey | | | | | 160 degrees |

REMEMBER, ALWAYS REST YOUR MEAT AFTER COOKING

STEAKS, ROASTS or CHOPS ALL NEED TIME TO **RELAX!!!**

ENJOY YOUR MEAL!!!